



## RISK MANAGEMENT: SKATER'S EQUIPMENT CHECKLIST

Player's Name:		#:	Team:	
Completed by:			Date:	
		<b>Condition</b>		
<b>EQUIPMENT</b>	<b>OK</b>	<b>not OK</b>	<b>INSPECT</b>	<b>WHAT TO LOOK FOR</b>
JOCK OR JILL	<input type="checkbox"/>	<input type="checkbox"/>	Size	Fits snugly, but not so tight as to be uncomfortable.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Specially designed support & cup with extra padding.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Firmly secured with no loose threads on support & cracks on cup/rubber. Elastic straps in good condition.
PANTS	<input type="checkbox"/>	<input type="checkbox"/>	Size	If too small, leave thigh exposed &/or lower back unprotected. If too short, top of knee is exposed
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Adequate padding in front, side of thigh, tailbone, hip & kidney.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	No tears, loose threads &/or dangling belts/straps. Inside leg zippers done up during play.
SHIN PADS	<input type="checkbox"/>	<input type="checkbox"/>	Size	If too small, leaves lower shin &/or knee cap ( <i>front/sides</i> ) exposed.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Firm donut hole under plastic and over the knee cap.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Look for cracks, loose stitching &/or deteriorating padding underneath plastic.
SHOULDER PADS	<input type="checkbox"/>	<input type="checkbox"/>	Size	Not too small leaving areas exposed or too large to hinder movement.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Plastic ( <i>not just foam</i> ) protecting chest, shoulder, back & upper arms. Do all pads sold have plastic or are some foam??
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Look for cracks, loose stitching &/or deteriorating padding and Velcro straps.
ELBOW PADS	<input type="checkbox"/>	<input type="checkbox"/>	Size	Protect entire elbow joint & upper forearm, preferably down to top of gloves.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Must have soft protective outer covering of sponge, rubber, or a similar material of at least ½ inch thick. Donut-shaped pad protecting point of elbow.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Watch for worn elastic & worn donut protecting elbow.
HELMET	<input type="checkbox"/>	<input type="checkbox"/>	Size	Fits snug ( <i>NOT loose</i> ) & fully covers forehead, temples, ear area & base of skull.



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HELMET CONTINUED	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Must have visible CSA label, snug chin strap (one finger width), ear guards, should be decal, tape and paint free as this could affect the manufacturer's warranty and the CSA certification.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	No cracks in shell or padding. Replace helmet if padding separating from plastic shell or if padding is hard or brittle: do not re-glue.
FACEMASK	<input type="checkbox"/>	<input type="checkbox"/>	Size	Never force it to fit helmet. NEVER cut or modify either plastic or wire masks.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Tight screws & if replacements, not too long. Straps snug. Never remove the chin cup
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	NO cracks in plastic. Watch for rust at wire seams.
GLOVES	<input type="checkbox"/>	<input type="checkbox"/>	Size	High enough so no unprotected forearms between gloves & elbow pads. If gloves are short, use slash guards.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Firm fingers, thumb & back padding. No compression felt if back pushed down.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Palms soft & pliable. No holes near fingers or in palm. NO loose threads.
SKATES	<input type="checkbox"/>	<input type="checkbox"/>	Size	Tightened eyelets 1 ½" to 2" apart. One finger width between boot and heel when toes touching cap.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Tongue long enough to go behind shin pads to protect lower shin. Laces not wrapped around boot top/ankle.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	No missing/loose rivets, loose/bent blades, torn eyelets &/or soft toe caps.
Throat Protector	<input type="checkbox"/>	<input type="checkbox"/>	Size	Completely covers protected area and upper chest if designed with a protective bib.
	<input type="checkbox"/>	<input type="checkbox"/>	Protection	Fits snug enough to avoid exposing parts of intended protected area and upper chest (if bib attached).
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	MUST have BNQ certification. Free of fabric cuts and. Must not be altered in any way. Velcro straps not worn.
MOUTHGUARD (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	Size	Fits snugly over teeth and NOT so loose as to fall out of position. Should be dentist fitted.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Replace if cracked, brittle, chewed on, does not cover all teeth or sits unevenly on the teeth surface.
STICK	<input type="checkbox"/>	<input type="checkbox"/>	Size	Properly sized sticks should reach between a player's chin and the nose when in street clothes.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	No cracks/splinters on shaft/blade. End cap in place and butt end taped to prevent penetration of face mask.



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SOCKS	<input type="checkbox"/>	<input type="checkbox"/>	Size	Long enough to cover shin pads & fit snugly.
	<input type="checkbox"/>	<input type="checkbox"/>	Condition	Rips or tears should be sewn.
JERSEY	<input type="checkbox"/>	<input type="checkbox"/>	Size	Must be worn entirely over the uniform
WATER BOTTLE	<input type="checkbox"/>	<input type="checkbox"/>		Name/number on bottle. Clean